

U13 COMPETITIVE

REP SEASON OUTLINE - 2026



2026 U13 COMPETITIVE

(GIRLS BORN IN 2014, 2015)

PROGRAM INCLUDES

EARLY BIRD TOURNAMENT ◦ LEAGUE PLAY ◦ LEAGUE FEES
VANGUARD ATHLETIC PERFORMANCE STRENGTH AND CONDITIONING
PRACTICE FIELDS 2 X WEEKLY ◦ TEAM BUILDING
PRACTICE SHIRT ◦ LBK BANQUET ◦ PHOTO PACKAGE
JERSEY & KILT ◦ OLA FEES & INSURANCE COVERAGE
ONTARIO LACROSSE MAGAZINE
U13 PROVINCIALS JULY 17-19

PRACTICE NIGHTS

STRENGTH AND CONDITIONING MONDAYS IN MAY/JUNE
TUESDAY AND THURSDAY

GAME DAYS

SUNDAY PM GAMES
SOME MIDWEEK GAMES

TOURNAMENTS

EARLY BIRD TOURNAMENT - MAY 17, 2026
PROVINCIAL CHAMPIONSHIPS - KITCHENER-WATERLOO, ON - JULY 17-19, 2026

SEASON KICK OFF

PLAYER PARENT MEETING - APRIL 2026 (DATE TBD)
EARLY BIRD TOURNAMENT - MAY 17, 2026
TEAM TRAINING BEGINS APRIL 2026

2026 U13 COOMPETITIVE COST \$750 - \$900

OPTIONAL CAMP TBD - NOT REQUIRED ON COMMITMENT FORM
(PAID SEPARATELY)

TRYOUT FEE \$75

LBK REGISTRATION IS SEPARATE AND PAID BEFORE TRYOUTS